



Tortellini and Spinach Soup

\$10 for 4 Recipe Challenge Finalist
(2015)

Ingredients:

1	Medium yellow onion, peeled and diced
12	Cloves garlic, peeled and minced
3	Medium carrots, peeled and diced
2 tablespoons	Olive oil
4 cups	Low-sodium chicken broth or stock (32oz box)
1-14oz can	Low-sodium petite diced tomatoes, with juice
10oz pkg	Whole grain cheese tortellini
1 bunch	Fresh spinach, washed and chopped
1/4 cup	Parmesan cheese, coarsely grated

Instructions:

1. Rinse and prepare vegetables (onion, garlic, carrots, and spinach). Grate Parmesan cheese and set aside.
2. Heat olive oil in 4-quart pot over medium-high heat. Add onion and cook 2 minutes. Add carrots and garlic; stir and cook 2 minutes. Add chicken broth and tomatoes with juice; cover, and bring to a boil. Reduce heat and simmer 6 minutes.
3. Add tortellini and boil gently uncovered for 6-8 minutes (or as directed on package).
4. Stir in chopped spinach; cover, and shut off heat. Allow to sit for 2-3 minutes until spinach is wilted.
5. Add salt and pepper to taste.
6. Top with Parmesan cheese and serve.

Serves: 4

